262 In addition to the spices, the Pangwe use oil as an additive for their food. The oil is obtained from the oil palm Elaeis guineensis L. (alĕn) and the Mimusops djave (Lan.) Engl. (adźăb), but it is extracted so rarely that its use in the kitchen is far secondary to its use for the care of the skin. For this reason I shall discuss the extraction of oil when I come to speak of skin care.

354 The kitchen of the Pangwe woman is located, as we have already seen, in the house under the suspension loft. There is no actual hearth in it; among the Mwele this is represented by three rocks, but for the rest the pot which is always without legs is placed on a potsherd or on the skillfully arranged logs of the fire. If at any time there is more than usual to be cooked, for instance, after a successful elephant hunt, the daily fireplace is too small, and a second one is built behind the house.

313 For cooking -- as every little Pangwe girl knows -- three things are necessary: wood, water, and fire. There is never any shortage of wood; every day the housewife brings the necessary logs from the plantation (Fig. 51). Water is likewise available in great quantities; it merely has to be taken from the river in calabashes (ndŏk IV) or -- among the Ntum and Okak -- in earthenware water flasks (Fig. 92a), Pangwe ekwăk (hence the name ŏ-kwăk an imitation of the gurgling sound made by the water as it is poured in; hence also a-ŏŏk "waterfall"). We discussed the fire in the previous section.

312 345

412 The kitchen utensils of the women are very simple. The grinding stone (akŏk) and the little round rubbing stone (ngŏk IV) that goes with it are found everywhere. The grindstone is irregularly flat, scoured smooth by the rubbing done on it, and it usually lies on the ground on which the woman kneels in front of the stone she works. Among the Mwai, who are somewhat more advanced in the art of cooking anyway, the stone is placed on four small posts like a table, a fact which considerably "raises" its appearance. Groundnuts, ngon, and so forth are rubbed to a powder by rolling the rubbing stone back and forth on the grindstone. The same purpose is served by an almost round wooden plate which has the shape of a stemmed leaf with raised edges (ezĭŏ-ndŏk, -ndŏk); it is used for the kernels of the Irvingia barteri Hook. (andŏk; fruit, ndŏk IV), Figure 93; the grinder used with this ate is a hard fruit (alŏk), round as a ball.